Produce of the Month



Acorn Squash



Nutritional Information



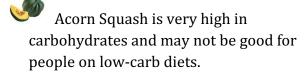
One cup of Acorn Squash is 56 calories



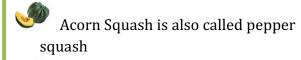
Acorn Squash is high in vitamin C and one cup contains 8% of the daily recommended dietary fiber



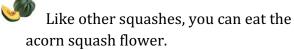
Acorn Squash has potassium, calcium and high levels of beta carotene



Fun Facts



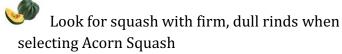
Even though Acorn Squash is considered a winter squash it actually belongs in the same family as summer squashes.





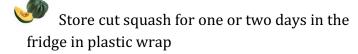
Acorn squash is native to North America

Selecting, Storing, Preparing

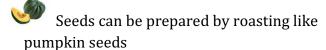




Store Acorn Squash away from direct light



Rinse squash before cutting it; acorn squash can be steamed, baked, and even microwaved to prepare



Recipes/Ideas

- Acorn Squash can be made sweet or savory
- It is most commonly baked and often drizzled with maple syrup or another sweetener
- Like many other squashes, Acorn Squash makes a nice addition to fall and winter soups.

For more ideas:

http://www.thekitchn.com/how-to-cook-acorn-squash-223015 http://www.marthastewart.com/275063/acorn-squash-recipes

http://95210.townofmanchester.org/

9

5

2

1

0

9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages